



Parent Education Workshops

Offered to parents, caregivers and guardians at no cost
Workshops will be held at the Columbia Neighborhood Center
785 Morse Avenue, Sunnyvale

How to Provide a Sugar-Savvy Diet for Your Children

Wednesday, August 12

6:00-7:00 p.m.

El Camino Hospital Speaker Paulette Hannah will show people how to keep their families “soda free” and reduce their sugar intake. Because a high soda intake is connected with an increase in obesity and diabetes, it’s important for consumers to “rethink their drink.” Parents will be informed about ways to substitute healthier drinks for sweetened beverages and avoid the pitfalls of the all too common sugary treats that kids and parents struggle over. *

Paulette Hannah is the CONCERN Marketing Director at El Camino Hospital who participates with the County’s Public Health Department programs on BANPAC (Bay Area Nutrition and Physical Activity Collaborative) project.

Parenting an ADHD Child

Wednesday, September 9

6:00-7:00 p.m.

Licensed Clinical Social Worker Elizabeth Dixon will offer strategies for success in parenting a child with ADHD in addition to finding local resources to best meet your child’s needs. The workshop will address: symptoms and behaviors of children and teens with ADHD; typical challenges at home and at school; treatment options including medication, neurofeedback and behavioral/educational support; strategies that parents and teachers can use to help children and teens achieve academic and personal success; parent self care; support organizations and other resources. *

Elizabeth has worked with individuals, couples and families for over 25 years. She specializes in parent education, including parents of children and teens with ADHD and learning disabilities. She has personal experience raising a son with ADHD.

Navigating the Food Pyramid: Total Family Nutrition

Wednesday, October 14

6:00-7:00 p.m.

Registered Dietician Jodi Bjurman will discuss how busy families can stay healthy and offer meals that are balanced, easy to prepare, and great tasting even for picky eaters. This talk offers personalized eating plans, tools to help you plan and assess your food choices, and advice to help you make smart choices from every food group; find your balance between food and physical activity; get the most nutrition out of your calories; stay within your daily calorie needs. *

Jodi Bjurman, R.D., C.D.E. has over 25 years of experience as a Registered Dietician. She is employed by El Camino Hospital, teaching group classes, present nutrition-related employee trainings, and speaking at community support groups. Her career goal is to promote excellent health by teaching ways to apply vital nutrition information to daily life.

To Register: Provide your name and telephone number along with the number of participants attending.



Call Youth, Family & Child Care Resources
at (408) 523-8150



E-mail us at
childcareresources@ci.sunnyvale.ca.us

***Child Care is not available but children may attend with parent, if needed.**



Workshops sponsored by the City of Sunnyvale Department of Community Services—Youth, Family & Child Care Resources in partnership with the above agencies & speakers.